

Council On Aging News

March 2014



Happy
Saint Patrick's
Day

May the road rise to meet you
May the wind be always at your back
May the sunshine warm upon your face
The rains fall soft upon your fields
And until we meet again, May God hold you in the palm of His hand.

Dear Friends,

I would like you to know your special expressions of kindness and sympathy gave me and my family much comfort as we grieved my mother's passing. Your support was very helpful during such a difficult time. On behalf of myself and my family, I extend a heartfelt thank you.

2014 started with some very frigid weather that has left most of us longing for the signs of spring to emerge... when the last snow melts, spring flowers push up through the ground and blossom, the sounds of birds awaken us in the morning, honey bees buzz and frost no longer carpets the landscape. When the Northern Hemisphere begins to lean towards the Sun and the spring equinox takes place on March 20th, signs of life will be everywhere and with those signs come new hope and happiness. It is my hope that you can lift the winter doldrums and *spring into spring*; get outside, get active, enjoy the longer days of sunshine and mild weather, and hopefully participate in activities and events here at the Kennedy Center.

Lent begins Wednesday, March 5th. For those trying to keep busy to help stick to Lenten sacrifices, stay active at the Kennedy Center to keep your mind off television, chocolate, candy, or whatever it may be you chose to give up.

We have held some interesting and exciting events at this busy senior center over the past few months. We have more exciting things in store for you this spring. For my fellow Irish members, St. Patrick's Day is a particularly special time; a time to celebrate the Feast of St. Patrick that Irish have observed for over 1,000 years, to proudly wear our Kelly green, Irish knits and scally caps, and to tell stories of leprechauns and pots of gold. But the best part of St. Patrick's Day is the music and sing-a-longs. Everyone is Irish on St. Patrick's Day. I hope you are able to attend our St. Patrick's Day Celebration with us on March 17th at 12:30 at the Kennedy Center.

I hope to welcome a happy and healthy spring with you at the Kennedy Center. Erin go bragh!

Warm wishes,

Thomas F. Clasby Jr.
Director



KENNEDY CENTER

617-376-1506
440 East Squantum Street, Quincy, MA 02171
www.quincyma.gov/government/elderserv
Hours : Monday - Friday 8:30 a.m. - 4:30 pm



Norfolk County RSVP-Want to make a difference?

RSVP, a community service program for age 55+, places and supports seniors in community volunteering (school reading/tutoring, hospital support services, mentor inmates, nursing homes, Fr. Bill's, food pantries, Meals on Wheels, etc.). Volunteers receive free supplemental accident insurance, mileage reimbursement, lunch and recognition at annual Volunteer Luncheon. Call 781-329-5728.



Strength Training at the Kennedy Center

Personal trainer Maggie Faretra will hold a 10 week session of strength training on Thursdays beginning March 6th from 10:30 - 11:30 am. \$50 per person. Registration required.



Educational Program for Those Living with Parkinson's

Saturday, April 5th 10 am - 12:30 pm (Seating will begin at 9:30 am)



Please join us at the Kennedy Center for an education program for individuals and families living with Parkinson's Disease. Presented by BU Medical Parkinson's Disease Center for advanced research. Registration req'd.



Senior Safety

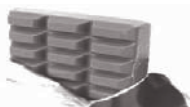
Tues., March 18th at 10 am

Call 617-376-1506
to register.

Lt. Dan Minton from the Quincy Police Department will be here to talk about Senior Safety. It will include information on the latest scams. Refreshments will be provided. Space is limited. Registration required.



Please join the Quincy Council on Aging Community in remembering Jane Clasby. Jane passed away peacefully surrounded by family on February 13th. Jane's presence will be sorely missed at the Kennedy Center, where her passing leaves an unfillable void.



Health Benefits of Chocolate

Thurs., March 20th at 1 pm

Registration required.
Space is limited. Call
617-376-1506 to register.

If you love chocolate, then this presentation will be music to your ears! Home Instead will be here to discuss the health benefits of chocolate. Chocolate samples will be part of this delicious presentation.



Shifting Gears

Friday, April 11th at 10 am

Registration required.
Space is limited
Call 617-376-1506 to register.

Michelle Ellicks, RMV Community Outreach Coordinator, will discuss issues facing senior drivers, MA laws of the road, recent changes at RMV, research concerning mature drivers, warning signs of unsafe driving, requirements for handicap placards or license plates, as well as how to obtain a Massachusetts ID card. You will learn about available alternate forms of transportation in your community.



Tour and Lunch with Sheriff Michael Bellotti

Norfolk County Correctional Center

Wednesday, April 9th departing at 9:30 am

Space is limited.
Call 617-376-1506 to
register

Get an inside look at the jail and learn of the day to day operations. See the inside of a jail cell, tour the minimum security area, inmate booking area and more. Get a view of the maximum and minimum security areas from a secured operations office. End the day with a delicious lunch with Sheriff Bellotti.



Visiting Angels Presents: Healthy & Fun Memory Strategies



Friday, March 14th at 1 pm at Kennedy Center

Nate Murray, LICSW, & Kim Bennett, LSW, will discuss new information on memory maintenance, tips to improve your memory, how dancing keeps you fit, and what foods improve memory. Call to register!



Change for Change to benefit Alzheimer's Association

Please empty your pockets of spare change and donate to the Alzheimer's Association. It is estimated that more than 5 million people in America suffer from Alzheimer's and it effects the entire family - brothers, sisters, children, grandchildren, nieces, nephews. Change receptacle at the Kennedy Center. For more information on Alzheimer's Association, visit www.alz.org.



Kennedy Center Cookbook

The Kennedy Center cookbook, which includes a variety of delicious recipes from COA members and a valuable helpful hints section, will be available in May for \$10 each. Many of the recipes have been passed down for generations, most are easy, and some are one-of-a-kind. Proceeds benefit the Kennedy Center. A big congratulations to **Lillian Bolea** for her beautiful cover artwork!



May your pockets be heavy and your heart be light. May good luck pursue you each day and night. May your troubles be less & your blessings be more, and nothing but happiness come through your door.



I may be old and gray on the outside, but on the inside I'm young, redheaded and IRISH!
As you slide down the banister of life, may the splinters never point in the wrong direction!
If you're lucky enough to be Irish, then you're lucky enough! Cead mile failte



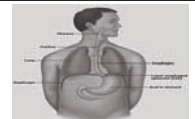
Nutrition and Sleep Tuesday, May 6th at 10 am

Registration required.
Call 617-376-1506 on or after
April 1st to register. Have your ID # ready.

Dr. Gabriel Freedman will present "Nutrition and Sleeping," to address proper sleeping techniques and how exercise and stress effect sleep. This presentation has been well received in the past, so we are excited to have Dr. Freedman back at the Kennedy Center! Space is limited. Registration opens April 1st.



G E R D Gastro Esophageal Reflux Disease Friday, April 4th at 10 am at the Kennedy Center



Ruth Jones, Nurse, Quincy Health Department, will discuss GERD. Many people suffer from this disease, which causes heartburn and other symptoms and irritates the esophagus. If you suffer from GERD, have loved one does or would like to learn ways to prevent the symptoms, call register at 617-376-1506.



Kennedy Café Effective March 1st, the Kennedy Café hours will be 8:30 - 3 pm. We are excited to announce the addition of sandwiches and soup to our Café daily menu!



2014 Boston Red Sox Home Opener Fri., April 4th at 12:30 pm at the Kennedy Center

The Red Sox will host their 114th Opening Day at Fenway Park on Friday, April 4th. Join us at the Kennedy Center at 12:30 p.m. for hot dogs, popcorn and other light refreshments. Enjoy a spirited game of Red Sox trivia, raffles and... hopefully... a Red Sox win!! Just \$3 per person. Purchase your Home Opener ticket at the Kennedy Center. Have your ID number ready.



Computer Classes - February 2014 - \$5 per class

Instruction by Grace Buscher



*Registration required for classes * Bring your laptop. You are welcome to come without laptops for instruction only. The center's computers are available first come, first serve.*

March 6

Advanced Internet

10 am-12 pm

This class is designed for people with basic computer skills, who understand basic concepts, key, word processing, and mouse control. We will explore security, anti-virus, online banking, social networking and more.

March 13

Internet Purchasing

10 am-12 pm

This class shows the best ways to safely purchase over the internet, including ordering, paying, tracking and receiving, and returning, as well as understanding 'shopping bags and carts.'

March 20

How to Buy a Computer

10 am-12 pm

What should you look for in a computer? Should you buy a laptop or desktop? A printer? Should you buy the warranty? Come to this class and be better equipped and knowledgeable when you shop for your computer.

March 27

Smart Phones

10 am-12 pm

Learn how they work and what they can do. We will review the overall basics of a smart phone and then spend half the time addressing your questions.

****There are openings in the beginner computer classes held on Tuesday mornings and Wednesday afternoons. Please call 617-376-1506 to register ****



Tips to Help Prevent Alzheimer's Disease

Even though no drug treatment regiment has been found that prevents Alzheimer's disease, lifestyle choices make a difference in your risk of developing the condition. While there are no guarantees, research has now discovered that healthy habits and lifestyle practices appear to reduce your chances of developing Alzheimer's. **Eat smart** Stick to a healthy, low-fat diet, that includes vegetables, especially green leafy ones like spinach and romaine lettuce, and cruciferous ones like broccoli and cauliflower. High cholesterol increases the risk of developing Alzheimer's since clogged arteries around the heart can damage blood vessels in the brain. **Move** Simply go for a brisk walk. Research shows regular exercise produced improved memory and cognitive function in older adults. **Maintain a Healthy Weight** Obesity during midlife appears to raise the risk of developing Alzheimer's in later years. Studies have shown people 30 or more pounds overweight with belly fat in their 40's were 3 times more likely to develop Alzheimer's later. Dropping weight midlife, especially in the belly, can reduce the risk of Alzheimer's. **Supplements** Daily folic acid supplements lowers levels of amino acid homocysteine, which increase the risk of Alzheimer's. Research suggests ginkgo biloba may help delay the development of Alzheimer's. **Exercise your mind** Research shows seniors who stay mentally active by reading, doing crossword puzzles, and taking classes are twice as likely to stay free from Alzheimer's in comparison to those less mentally active. Use your brain to learn new information, solve problems, and form memories to maintain brain circuits and create new ones. Pick up a book, start a crossword, play Sudoku, take a class, work your brain - don't let your brain be lazy!

- from *Everyday Health* 1/2014

Nutrition**Facts**

Serving Size 2 turtles (38g)
 Servings Per Container 6
 Calories 220
 Calories from Fat 160

*Percent Daily Values are based on a
 2,000 calorie diet.

Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
Total Fat 18g	28%	Total Carbohydrate 16g	5%
Saturated Fat 4g	20%	Dietary Fiber 2g	8%
Trans Fat 0g		Sugars 11g	
Cholesterol 5mg	2%	Protein 2g	
Sodium 20mg	1%		
Vitamin A 2%		Calcium 4%	
Vitamin C 0%		Iron 4%	

Just because it sounds healthy...

* **Veggie Chips** The word *veggie* in its' name makes it sound like a healthy snack. Wrong. They just cost more and have lots of fat,

calories and sodium just like regular chips. So snack on these only if you prefer their taste to other chips, not because you think it's a healthy alternative. * **Energy Bars** Energy bars were developed to give athletes energy during a workout. They are filled with chocolate, high fructose corn syrup and artery clogging fat. You might as well eat a candy bar. If you must have one, try a bar that has less than 200 calories, 15 g of sugar that is from dried fruit, not added sugars. * **Reduced Fat Peanut Butter** You think reduced fat means it's healthier? That may not be the case... reduced fat usually means sugar is added for taste. Furthermore, monounsaturated fat in peanuts is beneficial to your health, so there's no need to remove it from peanut butter. Try *all natural* which contains only peanuts and less salt. Just remember, peanuts are high in calories. * **Trail Mix** Dried fruit and nuts offer extended energy to hikers. They may seem healthy, but they are high in fat and calories. The dried fruit is usually drenched in sugar and the nuts in salt and many contain add-ins like chocolate chips and coconut and the yogurt covered fruit is often actually just sugar-coated. A handful of trail mix averages about 300 calories. * **Smoothies** All are not created equal. Some smoothies can have 1000 calories... more calories than a big cheeseburger. Choose your smoothies wisely! * **Frozen Yogurt** Healthier choice than ice cream? When it comes to saturated fat, it is healthier, but in terms of sugar, it is loaded and often has more than ice cream. After the sugar and fat-laden toppings are added, you could end up consuming 800+ calories. * Low fat doesn't mean it won't make you fat. Always read the nutritional information - weigh the pros and cons so you don't end up weighing more on the scale. **Try instead:** cup of berries for 68 calories; a cup of peppers have fiber for only 40 calories; nuts have monounsaturated fat that help in slimming; low-fat plain Greek yogurt is proven to be slimming; baked potatoes aren't fattening, it's what you put on them; eat whole grain bread - try to eliminate white bread from your diet; and always remember to drink lots of water!



You can't see Canada across Lake Erie, but you know it's there. It's the same with spring. You have to have faith, especially in New England.



Answers to
 this Sudoku
 puzzle can be
 found on
 page 6

Exercise Your
 Brain!



5	9	2						
				1		3		5
		8						
				7	5			
7	5			1		9		
					4	2		
							5	
8					9			
							6	4
								9

Sudoku

Use your logic to
 find the correct
 number for each
 square.

When finished,
 all nine rows across,
 all nine columns
 down and all nine 3
 by 3 boxes must
 contain all nine
 numbers, 1 through
 9, with no repeats.
 Good luck!!



Answers to
trivia found on
the calendar on
page 8

1. What is the chemical symbol for potassium?
2. How long did the 1929 Academy Award ceremony last?
3. Which country invented the sauna?
4. Dr. Martin Luther King, Jr. received his Ph.D. from where?
5. What is the last word in the Bible?
6. What sense is most often linked to memory?
7. What mountain range separates Spain from France?
8. What does NATO stand for?
9. What word becomes shorter when two letters are added?
10. What is a group of lions called?

Soduko Answers:

5	9	2	4	3	6	8	7	1
4	6	7	9	1	8	3	2	5
1	3	8	5	2	7	4	9	6
2	8	9	7	5	3	1	6	4
7	5	4	1	6	9	2	8	3
6	1	3	8	4	2	9	5	7
9	2	6	3	7	4	5	1	8
8	4	1	6	9	5	7	3	2
3	7	5	2	8	1	6	4	9



Our best wishes for a very **Happy Birthday** to
Joanne Hall (March 19th), **Jane D'Amico** (March 23rd), **Denise Conlon** (March 23rd).



Thank you to Ruth Jones, Public Health Nurse of the Quincy Health Department, for training our seniors to completion of CPR certification. **Thank you** to Roche Bros. Supermarket for returning to the Kennedy Center for a second class on online and phone grocery shopping and home delivery for our elders. **Thank you** Rose Cleary for the demonstration of Irish Dance. All the attendees had a great time watching the talented dancers and some even participated! **Thank you** to the Atria for sponsoring a delicious and hearty breakfast for our seniors. In an effort to help the needy in the community, we asked breakfast attendees to bring non-perishable food items for donation to local food banks. Thank you to those that donated food. In addition, **thank you** to the Atria for hosting *Balance of Mind and Body : Fall Prevention* training at the Kennedy Center. **Thank you** to the Department of Public Works for their hard work keeping our grounds clear of ice and snow this winter.



Is Snoring a Problem for You?

Tips to silence your sleep: **Lose Weight.** Overweight people snore. Extra fat around your neck causes your airway to become narrower and less likely to stay open. Overweight men tend to carry weight in the neck. **Avoid alcohol,** especially before bedtime. Alcohol suppresses the activity of airway dilator muscles - muscles that keep your airway open. **Avoid sleeping aids** (pills, sedatives and muscle relaxants) that cause airway muscles to become slack. **Sleep on your side.** Gravity tugs down when you sleep on your back, which worsens snoring. **Elevate.** Sleeping at a slight incline will reduce snoring. Prop yourself up with a couple pillows. Get some rest!



Visit www.quincyma.gov to view our monthly newsletter, events, activities and calendar changes. Also, remember to check out our newly added photo albums from our many different events.



Free Movies at the Kennedy Center

Every Tuesday at 1 pm



March 4th

My Left Foot Academy Award winning movie starring Daniel Day-Lewis

March 11th

The Quiet Man Starring John Wayne and Maureen O'Hara, this classic is set in Ireland.

March 18th

Michael Collins Biopic with Liam Neeson as the leader of Ireland's fight for independence


March 25th


Matchmaker Fun and touching movie about the annual matchmaking festival in Ireland.

****Snacks are available for purchase in the Kennedy Center Café****

Fun and Games

Can you solve these word puzzles? Answers can be found on page 8.

1. MA ET
RK
2. ST  TE
3. DECK
DECK DECK
DECK DECK DECK
DECK DECK DECK DECK
4. SCOTHEOP
5. wonder
6. ORU MINDS
OUR MNIDS
ROU MISDN
URO MSNDI
7. DEDNAH
COMPLIMENT
8. ROLL UPPERCUT
ROLL JAB
ROLL HOOK
9. G
E
L

COMPETITION
10. BR  AD

March Word Search

ASH WEDNESDAY
BLARNEY
BLOOM
CELTIC
CLOVER
CORK
CROSS



EIRE
EMERALD
ERIN
GAELIC
GREEN
HARP
IRISH

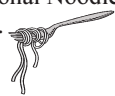














JACKET
JIG
KITE
LENT
LEPRECHAUN
LIMERICK
LUCK

'Spring, an
experience in
immortality.'
-Henry D. Thoreau

MARCH
MIGRATE
PARADE
RAINBOW
SHAMROCK
SPRING
UMBRELLA

Y	B	E	L	P	F	Y	C	U	E	F	J	A	U	I	P	W	O	B	N	I	A	R
E	A	K	W	Q	X	R	R	D	U	M	A	R	C	H	N	B	Z	A	U	L	F	K
N	L	D	A	O	F	D	O	L	C	R	C	L	O	V	E	R	J	M	R	P	L	E
R	F	C	S	P	K	W	S	A	X	R	K	C	O	R	M	A	H	S	S	G	K	I
A	G	I	D	E	X	N	S	R	W	X	E	E	I	P	A	C	D	O	T	T	I	L
L	D	V	P	O	N	T	Y	E	R	Y	T	D	R	B	L	U	C	K	B	Z	U	M
B	L	O	O	M	X	D	M	M	D	U	Y	V	S	I	L	V	W	C	S	O	E	N
A	D	V	Q	S	G	R	E	E	N	G	K	E	C	P	E	B	L	I	D	L	P	U
C	E	L	S	I	X	S	R	W	V	X	T	A	D	D	R	U	R	L	R	A	I	A
L	W	O	B	P	H	E	K	P	H	I	F	P	A	W	B	I	X	E	J	P	K	H
U	R	I	O	A	T	D	H	J	K	S	Y	R	M	C	M	R	N	A	B	O	L	C
C	B	H	M	A	N	S	P	I	D	R	A	A	I	Z	U	I	X	G	C	I	R	E
D	U	R	R	M	I	H	C	J	G	P	O	H	G	A	R	V	E	O	T	A	Y	R
K	O	G	I	R	N	N	A	M	I	Y	B	C	R	E	J	E	G	B	Q	N	I	P
C	I	C	I	T	L	E	C	R	J	U	L	Z	A	W	N	U	X	Y	B	V	E	E
M	A	R	C	Z	M	I	G	R	A	T	E	S	B	U	K	C	I	R	E	M	I	L

March

S Mon	Tue	Wed	Thu	Fri	S
<p>Answers to Word Jumble: Party Crush Admirer Adore Greeting Card Answer: Groundhog Day</p>	<p>Answers to Trivia: 1. K 2. 15 minutes 3. Finland 4. Boston University 5. Amen 6. Snell 7. Pyrenees 8. North Atlantic Treaty Organization 9. Short 10. A Pride</p>	<p>Puzzle Answers: 1. Drop in the Market 2. Lone Star State 3. Stacked Deck 4. The Inside Scoop 5. Small wonder 6. Change our Minds 7. Back Handed Compliment 8. Roll with the punches 9. Leg Up on Competition 10. Broad Daylight</p>	<p>MARCH</p> <p>March is the national month of Irish American Heritage, Foot Health, Nutrition and the Kidney. Believe it or not, March is also National Noodle Month.</p> 	<p>Don't forget to tune into the Academy Awards Sun., March 2nd!</p> 	1
<p>3 Foot Screenings -Appt 9:30 am Walking Club 10 am Line Dancing 11 am Scrabble 11:45 am ZUMBA</p> 	<p>4 8 am Piano Lessons 9 am Exercise 10 am Sewing 10 am Writing Class 10:30 am Computer 10 am Dance 12:30 pm Yoga 1 pm Movie 1 pm Mardi Gras Party</p> 	<p>5 <i>Ash Wednesday</i> 10 am Knitting Group 11 am Volleyball 11 am Blood Pressure 12 pm Games 1:30 pm Computer</p> <p>Oscar Awards Contest Winner Announced</p>	<p>6 9 am Exercise 10 am Mah-jongg 10 am Sing-a-long 10 am Blood Pressure 10 am Chess (& lessons) 10 am Computer Class 10 am Nutrition and Sleep 10:30 am Strength Training 12:30 pm Yoga 1 pm Book Club 2 pm QATV Production Class 6 pm Caregiver Support</p> 	<p>7 9 am ZUMBA 11 Sen John Keenan 11 Eye Screening 12 pm Bridge</p> <p>Senator John Keenan hosts office hours at the Kennedy Center the first Friday of each month. No appt needed.</p>	8
<p>9 10 9:30 am Walking Club 10 am Line Dancing 11 am Scrabble 11:45 am ZUMBA</p> 	<p>11 Ronan Tynan An Irish Celebration Day Trip Piano Lessons by appt 9 am Exercise 10 am Sewing 10 am Dance 10:30 am Computer 12:30 pm Yoga 1 pm Movie</p>	<p>12 Foxwoods 10 am Knitting Group 11 am Volleyball 11 am Blood Pressure 12 pm Games 1:30 pm Computer</p> 	<p>13 9 am Exercise 10 am Mah-jongg 10 am Sing-a-long 10 am Blood Pressure 10 am Chess (& lessons) 10 am Men's Discussion Group 10 am Computer Class 10:30 am Strength Training 12:30 pm Yoga 2 pm QATV TV Production Class</p> 	<p>14 9 am ZUMBA 12 pm Bridge 1 pm Visiting Angels: Memory Maintenance</p> 	15
<p>16 17 Happy St. Patrick's Day</p>  <p>9:30 am Walking Club 10 am Line Dancing 11 am Scrabble 11:45 Zumba 12:30 St. Patricks' Party</p>	<p>18 Piano Lessons by appt 9 am Exercise 10 am Senior Safety 10 am Sewing 10 am Dance 10:30 am Computer 12:30 pm Yoga 1 pm Free Movie</p>	<p>19 10 am Knitting Group 11 am Volleyball 11 am Blood Pressure 12 pm Games 1:30 pm Computer</p> 	<p>20 9 am Exercise 10 am Mah-jongg 10 am Sing-a-long 10 am Blood Pressure 10 am Computer 10:30 am Strength Training 10 am Chess (lessons) 12:30 pm Yoga 1 pm Health Benefits of Chocolate 2 pm QATV Production Class</p>	<p>21 Simple Wills by appt 9 am ZUMBA 12 pm Bridge</p> 	22
<p>23 24 9:30 am Walking Club 10 am Line Dancing 11 am Scrabble 11:45 am ZUMBA</p> 	<p>25 Piano Lessons by appt 9 am Exercise 10 am Sewing 10 am Dance 10:30 am Computer 12:30 pm Yoga 1 pm Free Movie</p>	<p>26 10 Knitting Group 11 Volleyball 11 Blood Pressure 12 pm Games 1:30 pm Computer 1:30 Genealogy 101</p>	<p>27 9 am Exercise 10 am Mah-jongg 10 am Computer 10 am Sing-a-long 10 am Blood Pressure 10 am Chess (and lessons) 10:30 am Strength Training 12:30 pm Yoga 2 pm QATV Production Class</p>	<p>28 9 am ZUMBA 10 am Why Can't I Remember? 12 pm Bridge</p>	29
<p>30 31 9:30 am Walking Club 10 am Line Dancing 11 am Scrabble 11:45 am ZUMBA</p>	<p>'Some cause happiness wherever they go; others whenever they go.' - Oscar Wilde</p>	<p>Many people walk in and out of your life. Only the special ones leave a warm spot in your heart.</p> 	<p>Tough times don't last, tough people do.</p> 	<p>Reminder: (sorry!!) April 15th Tax Day</p> 	

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and a daughter with
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Introducing a plan that can give you more than you would expect, Tufts Health Plan Senior Care Options (HMO-SNP) is a plan for seniors with \$0 out-of-pocket costs. It combines Medicare and MassHealth Standard benefits including dental care, transportation and extras like a care manager. Call to learn if the Tufts Health Plan SCO is right for you.

TUFTS Health Plan Senior Care Options

**Call us toll-free at
1-855-670-5934 (TTY 1-855-670-5936).**

Or visit www.thmp.org/sco.

Representatives are available Monday-Friday 8:00 a.m.-8:00 p.m.
(From Oct. 1 - Feb. 14 representatives are available
7 days a week, 8:00 a.m. - 8:00 p.m.)

The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, copayments/coinsurance may change on January 1 of each year.

Tufts Health Plan is an HMO plan with a Medicare contract and a contract with the Commonwealth of Massachusetts Medicaid program. Enrollment in Tufts Health Plan depends on contract renewal. Tufts Health Plan Senior Care Options is a voluntary MassHealth (Medicaid) benefit in association with EOHHS and CMS. You must continue to pay your Medicare Part B premium.

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